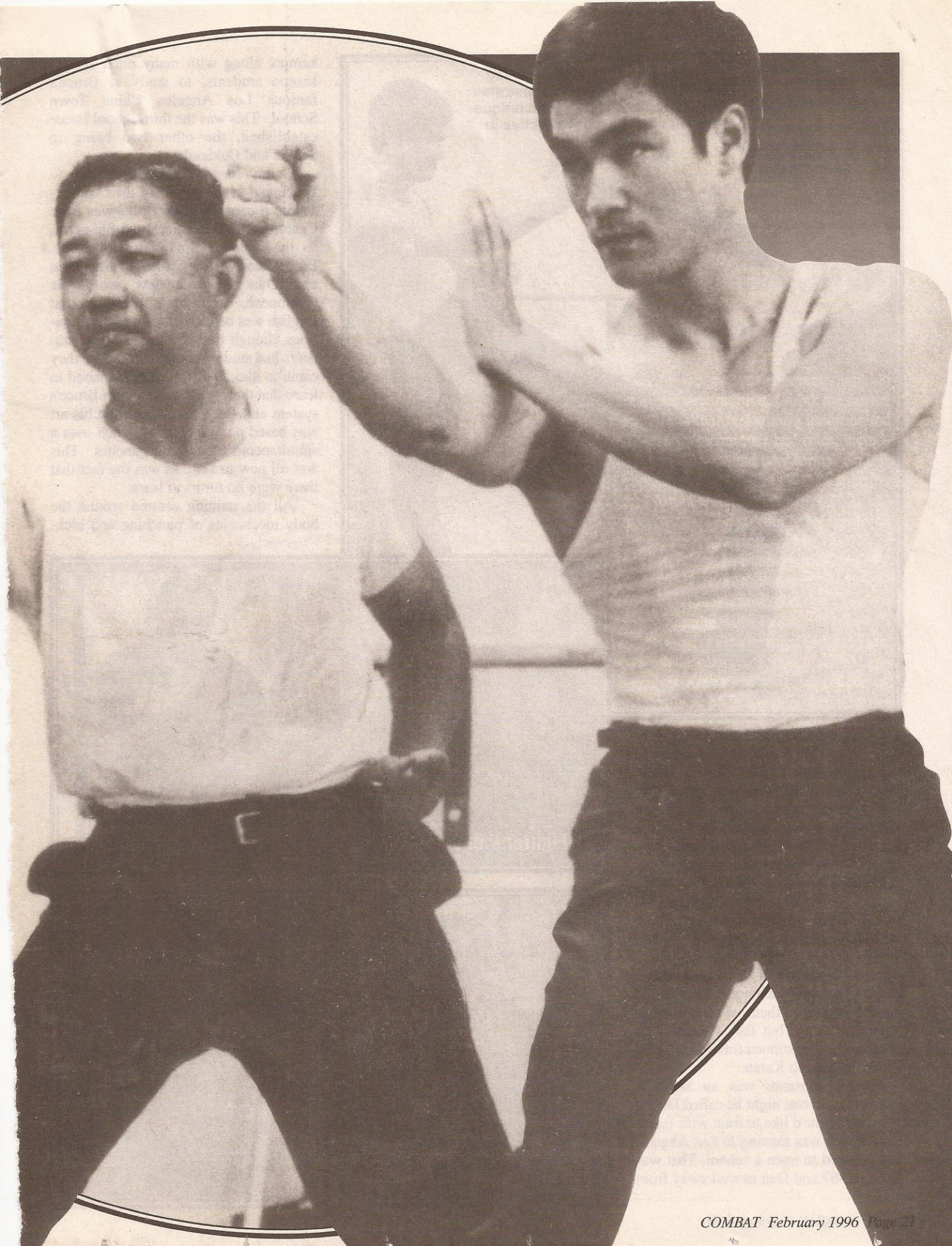


# I TRAINED WITH BRUCE LEE!

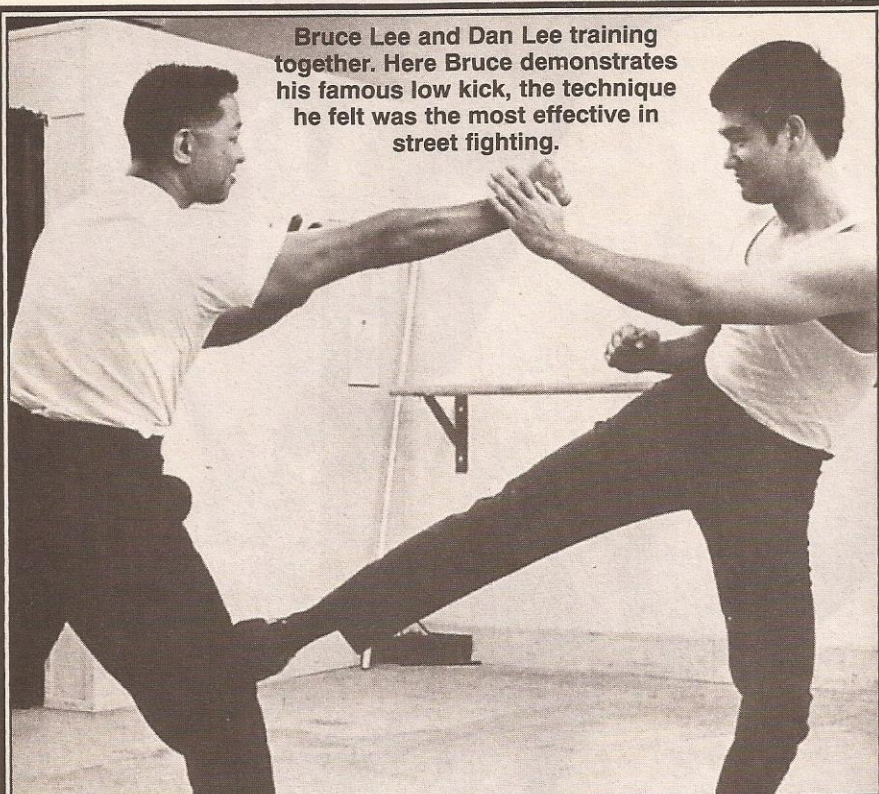
**COMBAT** presents a brief  
but exclusive article about  
**Dan Lee** - a first  
generation student of  
the late Bruce Lee.







Bruce Lee and Dan Lee training together. Here Bruce demonstrates his famous low kick, the technique he felt was the most effective in street fighting.



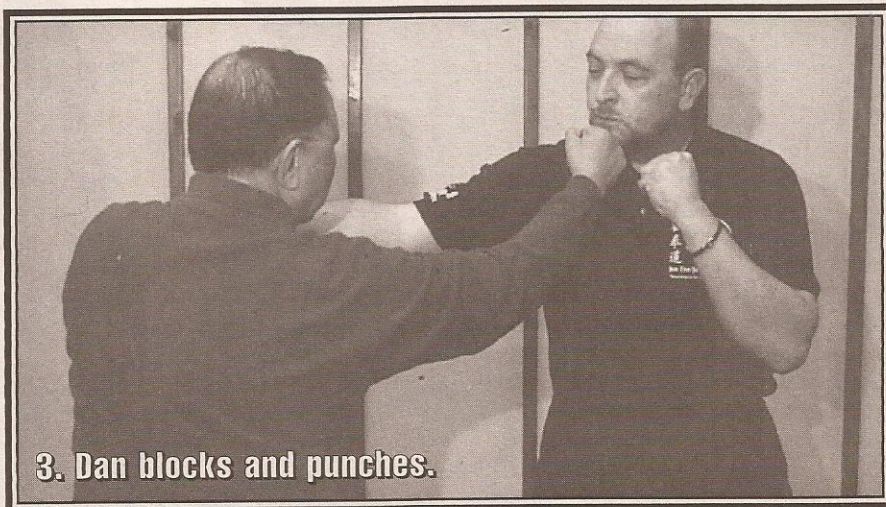
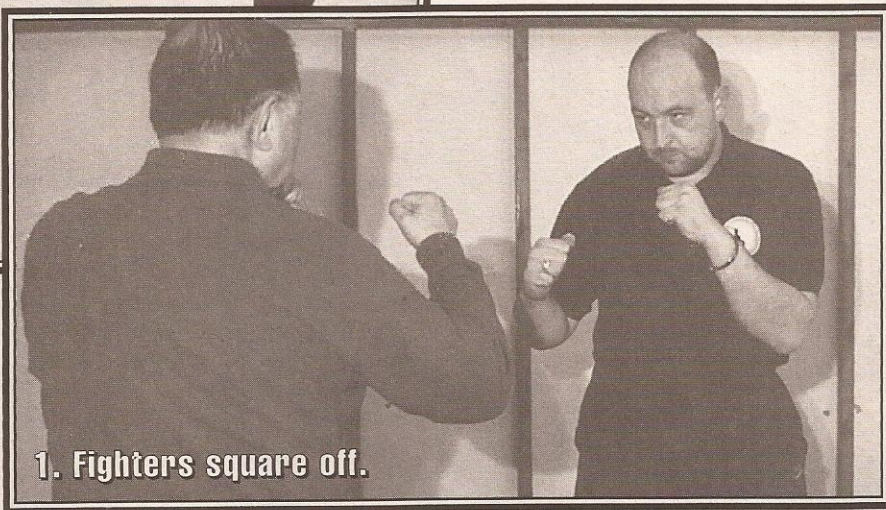
kempo, along with many other former kempo students, to study at Bruce's famous Los Angeles China Town School. This was the third school Bruce established, the other two being in Seattle and Oakland.

Danny Inosanto introduced Dan to Bruce and in the course of their conversation, it came out that Bruce was from Canton while Dan came from Shanghai, so the dialect wasn't quite the same. Bruce knew a few words in Mandarin and Dan knew a few words in Cantonese, and they decided that English was better. Bruce was very cautious, though he liked the idea that students had studied another art before they came to him. Dan was very surprised to learn that there were no blocks in Bruce's system and Bruce explained that his art was based on Wing Chun which uses a simultaneous blocks and punches. This was all new to Dan, as was the fact that there were no forms to learn.

All the training centred around the body mechanics of punching and kick-

**D**an Lee was born in 1930 in China and in 1952, he moved to the United States, where he has lived ever since. The first time he ever saw Bruce Lee was during 1964 at the Long Beach Nationals when Bruce was invited by Ed Parker to demonstrate his skill. This was some time before Bruce became nationally known through his part in Green Hornet. Dan was training with Ed Parker at the time and Bruce's demonstration impressed him very much - not only because of the way in which he demonstrated techniques, but in the way he explained them. Dan wanted to train with Bruce but they lived too far apart, so Dan continued training with Ed Parker in Kempo Karate.

Danny Inosanto was an assistant instructor and one night he called Dan to ask whether he'd like to train with Bruce Lee. Bruce was moving to Los Angeles and planned to open a school. That was during 1967 and Dan moved away from





ing, with the emphasis on contact.

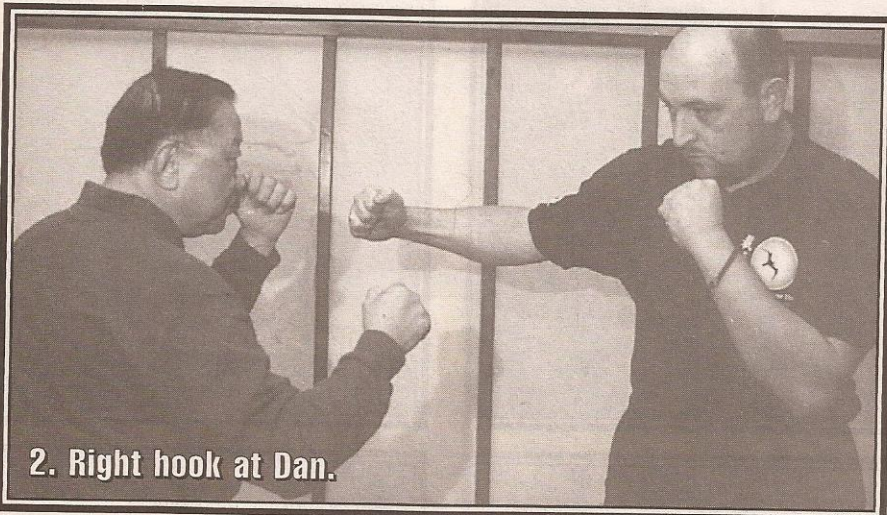
This was also very new to Dan because none of it was ever considered in his earlier training. Dan soon came across Bruce's famous saying which was, 'If you want to swim, you have to get in the water'. This means that if you want to learn how to fight, you must fight within your training.

Bruce taught a right foot forward stance for everyone. He used his leading right hand to jab, tease and then stun, after which you could finish off with the left hand. All the training was based on hitting the opponent as hard as possible. Training was very physical and Bruce would say 'If you're not physically fit, then you won't be able to fight!'

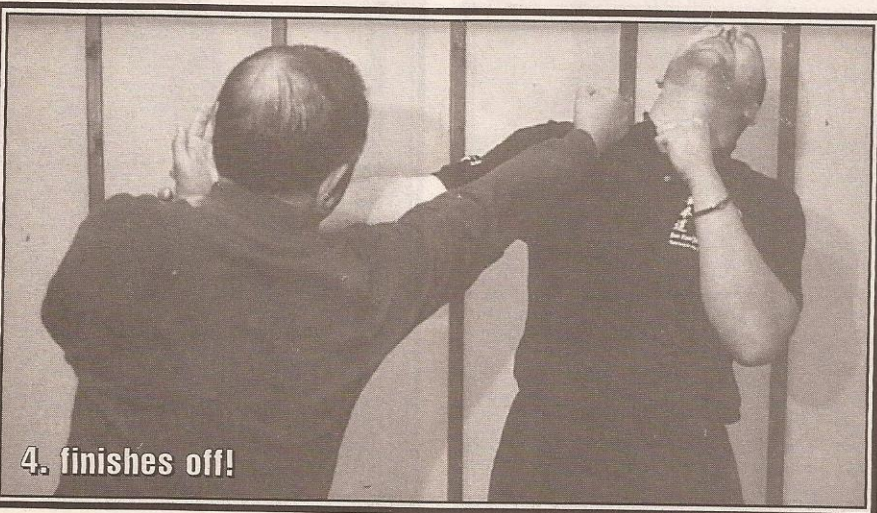
Dan was also impressed by the interest Bruce showed in his students. Dan saw that he really wanted everyone to improve, so he watched them closely and would give them supplementary training to help them.

Bruce always made sure that the door of the training hall was locked when

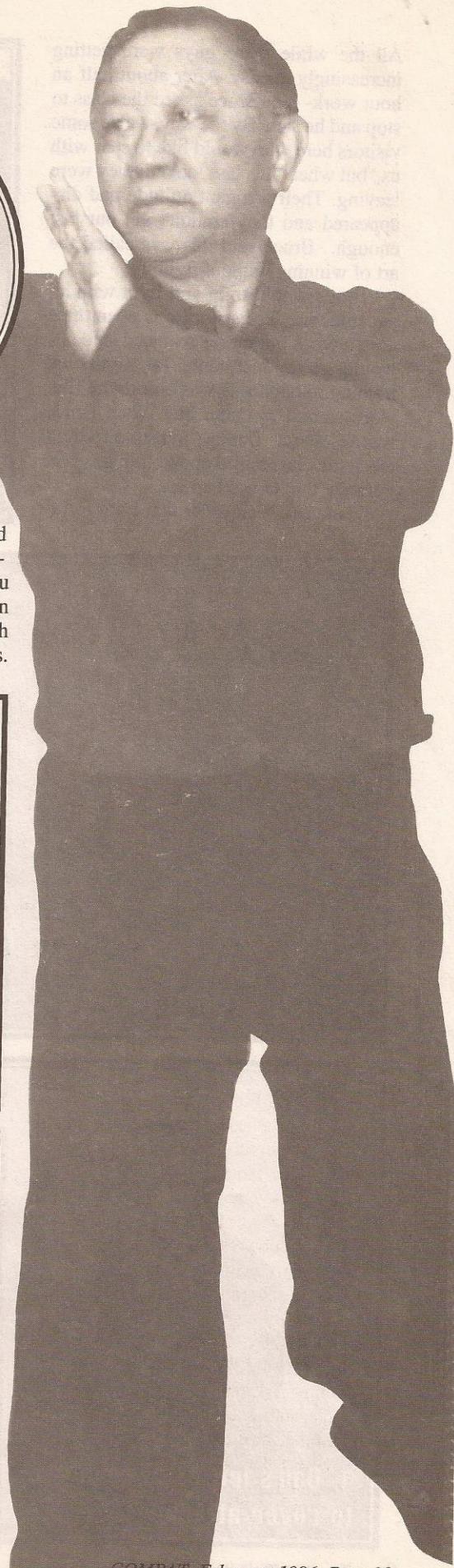
training began. Anyone who came late had to knock and one night, before the door was locked, four guys walked in and asked to freestyle with his students. Bruce said 'Sure. Why don't you sit down and watch.' Then he told Dan 'Show your stuff,' so he went through some basic moves and training drills.



**2. Right hook at Dan.**



**4. finishes off!**

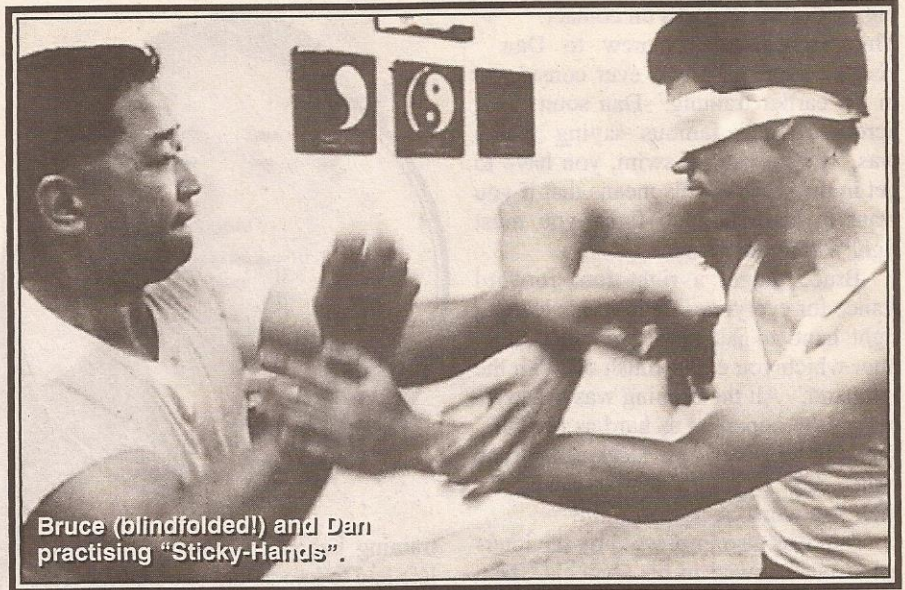




All the while these guys were getting increasingly uneasy. After about half an hour work- out Bruce asked the class to stop and he said 'By the way, we've some visitors here who would like to spar with us,' but when the class looked, they were leaving. Their arrogant attitude had disappeared and they couldn't get out fast enough. Bruce said this was called the art of winning without fighting!

Bruce would train and fight with all the students. The school was open three days a week but more advanced students would go to his home for additional training, though this was before the film work started to come in. When Bruce wasn't there, Danny Inosanto would teach the class based on the training programme that Bruce had set.

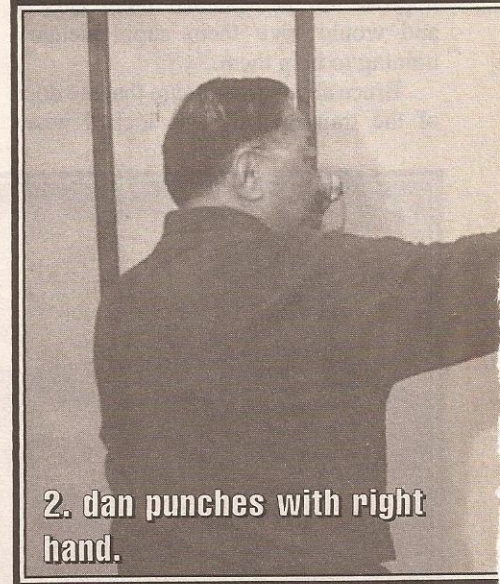
Dan said "I consider that I am fortunate



**Bruce (blindfolded!) and Dan practising "Sticky-Hands".**



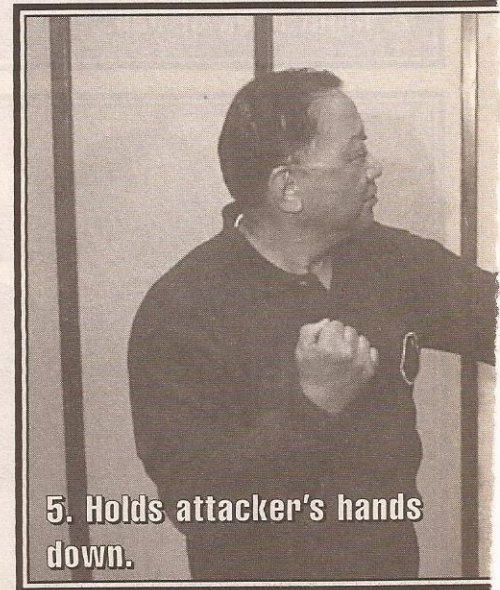
**1. Fighting stance.**



**2. dan punches with right hand.**



**4. Dan's left hand comes in to cover attacker.**



**5. Holds attacker's hands down.**



nate because we hit the most intense training period in Bruce's teaching. He went on to take private lessons with various people, but we maintained our training."

"He wanted our training to be as close to reality as possible, but he would come down very hard on anyone who could not control themselves in or out of the class. One time we had two students who came to us from another style and they couldn't lift their legs to the side. A couple of the class laughed at them and Bruce 'These guys are trying real hard and doing the best they can, and you should have more respect for them because of this!' Bruce was a very honest person both to others and to himself."

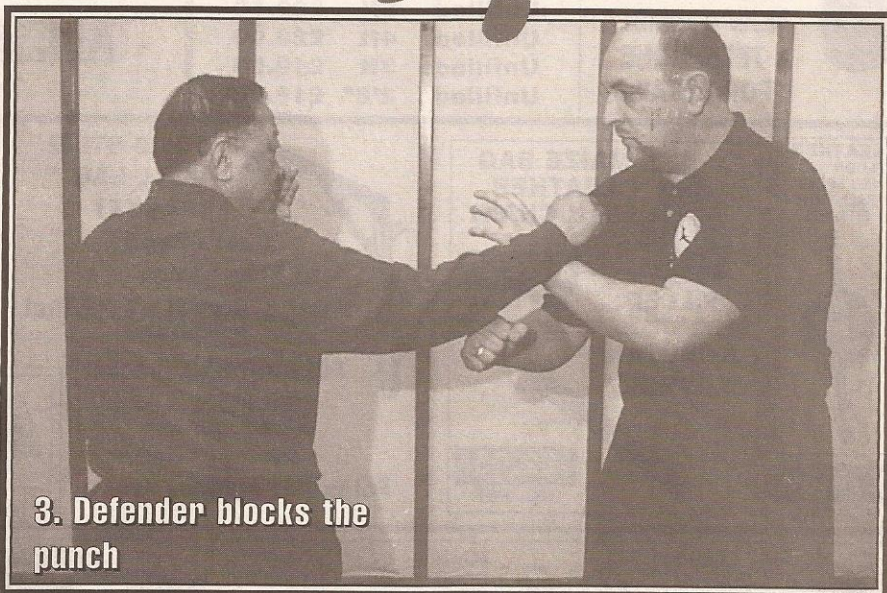
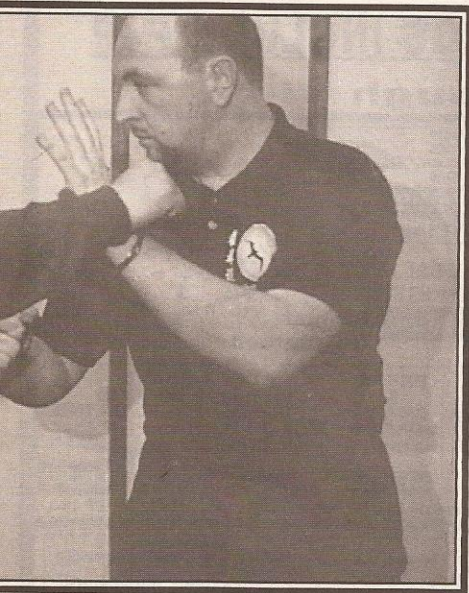
Bruce did a lot of leg work because the traditional Wing Chun style didn't

train footwork too well. So he did a lot of rope jumping and shadow boxing. Dan comments, "We learned to chase and step back and move in very fast. As we were the third of his schools, a certain evolution in Bruce's training had taken place and I can say that we were the most developed of Bruce's students."

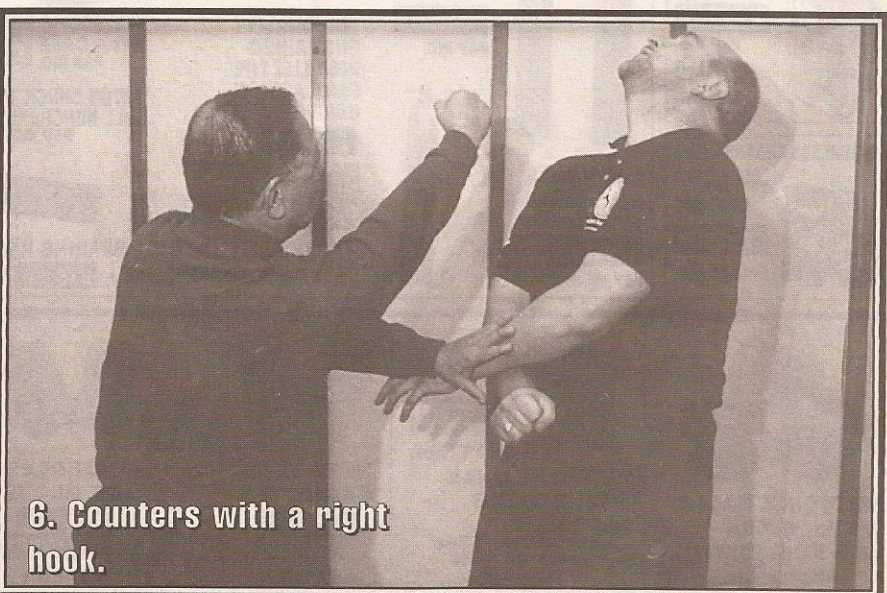
"After workouts, we would go to a local Chinese restaurant and Bruce would change from being sifu to one of the guys. Also I would go into the library at his house and one day I picked up a Tai Chi book. It was covered with notes and I was surprised how well read he was on the subject - not just in Tai Chi but in many differ-

ent martial arts, including boxing."

Dan Lee intends to continue exploring Bruce's system and along with other first generation students, he has taken on board the responsibility for telling us about the training and philosophy of that most outstanding martial artist. Dan concluded by saying, "I would like to leave with one point which Bruce always made: 'The team which always wins (be it football, basketball, or anything), is the team which has mastered its basics.' Bruce put a lot of emphasis on the basic form, and this was why his art and the man were so unique."



**3. Defender blocks the punch**



**6. Counters with a right hook.**